

# Fitness Diary!

**Steve Ritz, exercise physiologist, founded Fitness First in 1998 located on East 2nd St. in Chaska. He is now excited to announce the opening of a second location conveniently located at 23505 County Rd. 19, Suite 150 in Excelsior. Steve has developed a prescription for exercise called the SEE-FIT training system. The SEE-FIT system encompasses workouts that are SAFE, EFFICIENT and EFFECTIVE -- all in just two intense 45-60 minute sessions a week. Each month we will be profiling the personal experiences of actual Fitness First clients.**

Gayle DeHaan, 49 of Excelsior, is an enthusiastic, former skeptic.



*Gayle using an abdominal machine under the supervision of Fitness Specialist Nick.*

"I always read Southwest Business when it comes to my house each month," Gayle said, "and I specifically enjoy reading the Fitness First Fitness Diaries. Last fall I read a story about a woman who had back problems and overcame them by training at Fitness First and it really peaked my interest. I have suffered from back spasms and have even had back surgery, and was always looking for relief. The article made me interested in finding out more about Fitness First, but I wasn't willing to drive to Chaska. Then, when I read that a second studio had opened

in Excelsior I decided the time was right."

Gayle had always done some form of exercise, but she had never found her routines to be very effective. "I was a dedicated aerobic exerciser, but I really didn't know much about how to strength train on my own," said Gayle. "In the beginning I went to Fitness First to find a way to strengthen my back and prevent further problems. I am getting older and I have been listening to the advice that strength training becomes even more important as you age. However, what I found was my own personal fountain of youth! I have not lost any weight, but my body composition has changed so that I look 10-15 years younger. My husband keeps commenting on how great I look! Even that annoying arm jiggle is gone."

Through committing to training at Fitness First, Gayle has even changed her fitness routine at home. "I used to workout aerobically at least 5 times a week,"

Gayle said. "I felt guilty if I missed a day, like I wasn't doing enough. Now, I have two intense strength training appointments at Fitness First twice a week and train aerobically once a week at home. I am seeing much better results with a fraction of the time spent. I feel so much better about myself. I don't have that nagging guilt that I am not exercising enough or not doing it properly. With the personal attention from the staff at Fitness First and the protocols that they use to bring you to muscle failure, I know I am getting a fantastic workout."



*Gayle getting ready to use a leg press at Fitness First.*

Gayle understands that money is tight right now for many people. "Training at Fitness First is something that we have to incorporate into our budget, but I would give up a whole lot of other things before I would quit training," Gayle said. "I have seen so many improvements in my body and mental attitude. Even my posture has improved. Before training at Fitness First I had many mornings when I felt aches and pains until I really started moving. Now I just bound out of bed! Plus, I have much more energy throughout the day and even into the evening. I am totally hooked!"



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